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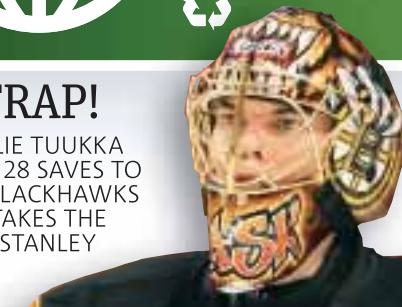
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bruins goalie tuukka
rask makes 28 saves to
blank the blackhawks
as boston takes the
lead in the stanley
cup final

PAGE 30



MORE ROOM TO ROAR

Work is getting underway this month on expanding the tiger enclosure at the Assiniboine Park Zoo thanks to a \$500,000 donation from James Cohen and Linda McGarva-Cohen. See story on Page 3.

SHANE GIBSON/METRO

Western premiers tackle bullying

'Protect Canadians.'

Leaders vow to put issue on national agenda

Canada's western premiers say bullying is a serious issue and all provinces and territories need to find ways to tackle the new dimension that the Internet brings to the torment.

Following a brief meeting of Canada's western leaders in Winnipeg, Premier Greg Selinger said they are putting bullying on the agenda when the country's premiers meet in Ontario next month.

"There are real serious incidents occurring out there, including through the social media ... with very negative and tragic consequences," Selinger said Monday.

"We think there is value in us all working together to identify the very best ways we can protect Canadians, wherever they live in the country, and ensure they have environments where they can live and work, where they have a sense of safety and can be who they are and respected for who they are."

Bullying has been thrust into the spotlight following the deaths of two teenage girls in Nova Scotia and British Columbia.

The federal government has committed to look at new criminal laws that could include a ban on distributing intimate images without consent.

In B.C., the government spent \$4 million setting up a website that allows students to anonymously report bullying. The website, in turn, passes on details to emergency responders, if necessary, and school authorities. About 15,000 educators are also being trained on how to deal with bullying.

"We recognize that it's not just the high-profile incidents that are the problem," B.C. Premier Christy Clark said. "There are thousands of children that are bullied every day. It doesn't

make the news, but it changes their lives forever."

Saskatchewan Premier Brad Wall said there is a lot to learn from provinces in the East as well. Nova Scotia is close to passing a cyber-safety act that would create a special investigative unit to pursue cyber-bullies. It could strip people of their phones, computers and impose significant fines for perpetrators.

That's why bullying should be near the top of the agenda when all the premiers meet in Niagara-on-the-Lake in July, Wall said.

"When all premiers get together, there is an exchange and best practices are analyzed and we bring them home," he said. "I'm very hopeful that this is now going to be a top priority of the Council of the Federation." **THE CANADIAN PRESS**

United we stand

"We think there is value in us all working together to identify the very best ways we can protect Canadians, wherever they live in the country."

Premier Greg Selinger

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Assiniboine Park

Zoo wants to sell young tiger family on a bigger space

The big cats that call Assiniboine Park Zoo home are getting a whole lot more room to roar and roar.

Work is getting underway this month to turn the current 2,900 square-foot home of the zoo's three Amur tigers into a 26,000 square-foot mixed-vegetation habitat complete with a pool and plenty of shady spots for some serious tiger relaxation time.

And it's not just about relaxation — Assiniboine Park Zoo COO Don Peterkin told Metro the extra space means we can likely expect to hear the pitter-patter of little paws soon.

"This is going to allow us to take our breeding program for the Amur tigers ... into high-gear," he said, explaining the zoo currently has one male and one breeding female, which need to be kept apart because the male is a little too interested in the couple's female cub at the moment. "We have to maintain the genetics."

Phase one of the \$1 million project will see the tigers' space expanded, while two other enclosures, including a new space for lions, will be built in the second and third phases in the area around the existing tiger den.

The cost of phase one, expected to be completed this fall, is being covered by a \$500,000 donation from James Cohen and Linda McGarva-Cohen.

The donation brings the Assiniboine Park Conservancy's fundraising efforts to \$116 million of their \$200 million goal.

SHANE GIBSON/METRO

Band rethinks Magdalene, MASH



The Crackling's second album, Mary Magdalene HANDOUT

Vancouver's The Crackling challenges Christianity on its second album, Mary Magdalene.

The cover art — by Vancouver artist Ehren Salazar — features the aforementioned biblical figure standing tall with a subservient Jesus pouring wine at her feet.

"I'm supposing their relationship was different than the theoretically created relation-

ship that he was this all-powerful deity and that Mary Magdalene played a serving role and was a prostitute," says Kenton Loewen, The Crackling's frontman and songwriter.

"I'm just reshaping it, saying 'I don't buy all that.' I think they were together and things were awesome. In doing so, I run the risk of undermining lots of control aspects and historical role aspects of what

Christianity wants to look like."

Moving from Mary Magdalene to MASH, The Crackling cover Suicide is Painless, the theme song for both the film and TV series.

The Crackling play the Windsor Hotel Tuesday night. Old Man Markley and Lone-wolfe are also on the bill. Showtime is 9 p.m.

JARED STORY/FOR METRO

Health-care cuts vilify refugees, doctor says

National Day of Action.
Immigration minister claims restrictive supplemental coverage policy makes sense



SHANE GIBSON

shane.gibson@metronews.ca

Charter challenge

The federal government's new policy on refugee health-care funding is being challenged in Federal Court as an affront to the Charter of Rights and Freedoms.

THE CANADIAN PRESS

A group of doctors, nurses, refugees and refugee advocates held a rally in downtown Winnipeg Monday, adding their voices to others across the country protesting cuts to refugee health-care funding.

Roughly 100 people gathered at Central Park in opposition to cuts made to the interim health-care program by the federal government nearly a year ago. The overhaul changed which categories of refugees qualify for supplemental coverage for things like dental, vision and drug costs while waiting to qualify for provincial coverage.

Although some provinces, like Manitoba, have covered the gap left by the cuts, Dillon

ed are those making refugee claims," explained Dr. Michael Dillon, a family physician from Winnipeg's core area who spoke at the rally. "The barriers that have been put up for those people are so high that many are not even approaching care providers because they're made to feel vilified."

The government had originally intended to cut the program for all refugees, but Dillon said public outcry forced the feds to change their tune and leave the funding in place for government-assisted refugees only.

Although some provinces, like Manitoba, have covered the gap left by the cuts, Dillon



Five-year-old Jaiyan Denetto-McLachlan holds up a protest sign during a rally at Central Park Monday for the first National Day of Action for Refugee Health Care. SHANE GIBSON/METRO

said as many as 75 per cent of refugees across Canada are left without coverage.

"We're asking the govern-

ment to step forward and reverse the cuts to all categories of refugees," he said.

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NEWS

Transit Tuesday



Weekly Transit News Update

NEW FAREBOXES ARE HERE

Winnipeg Transit has begun installing new, electronic, state-of-the-art fareboxes on all 565 buses in its fleet. The GFI-Odyssey fare boxes, are equipped with automatic coin counters, on-screen information displays, paper transfer printers and readers, a separate ticket slot and smart card sensors. Pass holders will encounter no change to their current payment and boarding method.

NEW FAREBOXES EASY TO USE

If you pay your fare with cash, simply drop your coins, one at a time, into the coin slot on top of the farebox. The new fareboxes do not accept pennies or paper currency and operators do not provide change. If paying with a ticket, just insert your ticket into the clearly marked ticket slot located on top of the new farebox. As payment is made, information will be presented visually on the display screen that is also mounted on top of the farebox.

FAREBOX PRINTS TRANSFERS

When paying a fare with cash or tickets, riders can still ask the Operator for a transfer, however, now the transfer will be printed and issued by the new farebox, not the operator. The printed transfer will include a bar code that will be automatically validated by the bar code reader on any connecting bus equipped with a new farebox. The fareboxes are expected to be installed on all buses by late June. Until then, passengers may encounter both types of fareboxes. Passengers with an old style transfer will still need to show their transfer to the operator when boarding. Passengers with a new bar code transfer boarding a bus with an old farebox will also need to show the operator their transfer. For more information about the new fareboxes, visit winnipegtransit.com

SMART CARDS NEXT STEP

The second phase of Winnipeg Transit's electronic fare collection system will be the introduction of new smart cards that will provide transit customers with a more convenient way to pay for their bus rides. More details about the new smart cards will be available later this year.



New Fare Collection System



winnipegtransit.com



NSA leaker Snowden hits back at American critics

Intelligence. In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government

Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American."

Edward Snowden



Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

"immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for re-

vealing once-secret surveillance programs two weeks ago in The Guardian and the Washington Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counterterrorism tool. The

disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

THE ASSOCIATED PRESS

Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor for

ign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a buggy Internet café in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ operations. THE ASSOCIATED PRESS

Syria

Beware of arming rebels: Assad

Syria's president warned that Europe "will pay a price" if it delivers a weapons to rebels fighting to topple him, saying in an interview published Monday that arming them would backfire as the "terrorists" return to their countries with extremist ideologies.

Bashar Assad's comments were his first since the decision by the U.S. to authorize weapons and ammunition shipments to Syrian rebels.

THE ASSOCIATED PRESS

Alleged harassment

Students seek asylum in Uganda

Sixteen Rwandan students are seeking asylum in Uganda, saying they are the victims of harassment by security officials back home for refusing to join a Congolese rebel movement that allegedly recruits inside Rwandan territory.

The allegations are the latest sign that Rwanda is the not-so-secret backer of the M23 rebel group in Congo, which the government of President Paul Kagame denies. THE ASSOCIATED PRESS

G8. Obama, Putin agree to pursue Syrian peace talks

Russian President Vladimir Putin told U.S. President Barack Obama on Monday that their positions on Syria do not "coincide," but the two leaders said during the G8 summit that they have a shared interest in stopping the violence that has ravaged the Middle Eastern country during a two-year-old civil war.

Obama acknowledged in a bilateral meeting with Putin in Northern Ireland that they have a "different perspective" on Syria but he said that both leaders wanted to address the

fierce fighting and also wanted to secure chemical weapons in the country. The U.S. president said both sides would work to develop talks in Geneva aimed at ending the country's bloody civil war.

While Putin has called for negotiated peace talks, he has not urged Syrian President Bashar Assad to leave power, and he remains one of Assad's strongest political and military allies. The White House did not expect any breakthrough with Putin on Syria during the G8 gathering. THE ASSOCIATED PRESS



U.S. President Barack Obama meets with Russian President Vladimir Putin in Enniskillen, Northern Ireland, on Monday. They discussed the ongoing conflict in Syria during their bilateral meeting. EVAN VUCCI/THE ASSOCIATED PRESS

Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship. During the pregnancy, they had attempted to find a place through the Cal-

Anxiety

"This has been really hard on my health. I don't know what we're going to do."

New mother Lenora Belanger

gary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY



Lenora Belanger and her newborn Faith. The pair, along with mother Elaine, are expected to be cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO IN CALGARY

Royal in recovery

Prince Philip leaves hospital

Britain's Prince Philip was discharged from hospital on Monday, 10 days after undergoing exploratory surgery on his abdomen.

Philip, who turned 92 last week, had an operation under general anesthetic on June 7.

He has suffered heart and bladder problems in the past, but officials have not released details about his current condition.

The palace said the prince is expected to spend two months convalescing.

THE ASSOCIATED PRESS

Of planes and pens

F-35 maker inks deal with flight sim company

The U.S. manufacturer of the oft-maligned F-35 has signed a deal with a leading Canadian maker of flight simulators in anticipation of the Harper government choosing to stick with the controversial stealth-fighter program.

The deal between Lockheed Martin and CAE was announced as associate defence minister Kerry-Lynne Findlay declared that no decision has been made on replacing the existing fleet of CF-18s. THE CANADIAN PRESS

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

"We can no longer tolerate these reprehensible acts," Robert Lafreniere, head of the provincial police anti-corruption squad, said on Monday.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by



Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

the French CBC said the third man arrested Monday, borough official Jean-Yves Bisson, once admitted to having discussed a condo project with figures linked to the Mafia.

Police also confirmed that the recent suicide of Robert Rousseau, a permits-and-inspections official at the Cote-des-Neiges-NDG borough, is part of their investigation.

At the time of Rousseau's death in March, the French CBC reported that he had been interrogated by police the previous day about the same condo project. THE CANADIAN PRESS

Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- The Atlantic magazine ran a story on its website titled: "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Mon-

day and, no, it was not the one you expect."

- There was a similar response on the Gawker website: "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

U.S. does not spy on Canadians: Ambassador



U.S. ambassador David Jacobson
THE CANADIAN PRESS FILE

In his nearly four years as U.S. President Barack Obama's envoy to Canada, David Jacobson has always stressed his desire to bring Americans and Canadians closer.

But in the wake of intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies, Jacobson makes one large distinction.

"The United States does not spy on Canadian citizens," Jacobson told The Canadian Press on Monday.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret program called Prism has given the U.S. government access to a huge cache of digital information.

That has sparked a probe by Canada's privacy com-

missioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians.

"The United States government respects privacy, they respect individual liberties," Jacobson said.

"Quite frankly, these are concepts that in large measure were invented in my country. We care very much about them."

THE CANADIAN PRESS



Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

Apple discloses U.S. data request figures

Privacy. Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

THE ASSOCIATED PRESS

The company, like some other businesses, had asked the U.S. government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide.

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metro

Real estate. Consulting firm buys Masonic Temple

Toronto's storied Masonic Temple has found a new owner in an Ontario-based technology consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid \$12.5-million for the historic building, which was most recently home to MTV Canada and previously hosted famous rock bands like the Rolling Stones and Led Zeppelin.

Info-Tech, which is head-

quartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country. "We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says. THE CANADIAN PRESS



London's Info-Tech Research Group has bought the historic Masonic Temple building in downtown Toronto, which was most recently home to MTV Canada and previously hosted famous rock bands like the Foo Fighters.

TORSTAR NEWS SERVICE FILE

U.S. 7-Eleven stores raided as personnel are accused of exploiting immigrants

Nine owners and managers of 7-Eleven stores across Long Island and in Virginia were charged on Monday in a scheme to exploit immigrants from Pakistan and the Philippines, in part by paying them using the stolen Social Security numbers of a child and three dead people while stealing most of their wages.

Most of the defendants

were arrested early Monday as federal authorities raided 14 franchise stores.

Immigration and Customs Enforcement agents were executing search warrants at more than 40 other stores across the country suspected of similar infractions, authorities said at a news conference in Brooklyn.

THE CANADIAN PRESS

Television. Netflix will run original Dreamworks series

Netflix announced a deal on Monday to air television programming from Dreamworks Animation in what the company described as its biggest transaction ever for original first-run content.

Though financial details were not disclosed, Netflix Inc. said the agreement includes more than 300 hours of new TV episodes in a multi-year deal starting in 2014.

The new Dreamworks shows will be inspired by characters from its hit franchises like Shrek and Kung Fu Panda and upcoming feature films as well as the Classic Media library



Netflix has been adding original programming to its roster.

NETFLIX/SCREEN GRAB

that Dreamworks Animation SKG Inc. bought last year. The television shows will be commercial free. THE CANADIAN PRESS

Music

Jay-Z gives away album to 1M Galaxy users

Jay-Z is teaming up with Samsung to release his new album, unveiling a three-minute commercial during the NBA Finals and announcing a deal that will give the music to one million users of Galaxy phones.

THE ASSOCIATED PRESS

Foreign ownership

U.S. telcos likely not keen on Canuck wireless market

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.

THE CANADIAN PRESS

Northern Gateway

Project will benefit all Canadians, panel hears

A lawyer for the Northern Gateway oil pipeline told a federal review panel Monday that there are many reasons the controversial project should be approved — billions of them, in fact. Richard Neufeld stressed that the pipeline between Alberta and the B.C. coast will ensure Canadian producers get full market value for their product. And he said that will benefit all Canadians. THE CANADIAN PRESS

Market Minute

DOLLAR
98.26¢ (-0.08¢)

TSX
12,288.90 (+101.53)

OIL
\$97.77 US (-8¢)

GOLD
\$1,383.10 US (-\$4.50)

Natural gas: \$3.89 US (+16¢)
Dow Jones: 15,179.85 (+109.67)

SCREEN TIME DISRUPTS A GOOD SNOOZE

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lay awake past my bedtime isn't this cycle of my own erratic thoughts—it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good



SHE SAYS
Jessica Napier
metronews.ca

books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation which effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood pressure levels, reduced mental clarity, and an increased risk of diabetes and obesity.

Most of us know the importance of a good night's sleep, but we don't necessarily think twice about satisfying our late-night tech cravings.

Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.



Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build

a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. METRO

photographer might make you want to quit your day job and hit the beach, trail or mountains. photosbyzak.com

@chrisconnolly: This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at 15by8.com.

Comments

RE: It's a Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion. Dennis posted to metronews.ca metronews.ca

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something than the other person it doesn't make you superior it just makes you better at that. Gigi Green posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

The universe of Kanye

We're just lucky enough to live in it. Today his new album, *Yeezus*, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.



Bon Iver 2010/2013 — Two tracks from *My Beautiful Dark Twisted Fantasy* — Woods and Monster — featured the folk artist's efforts. They work together again on *Yeezus*.



The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the *Family Guy* spinoff. He's reprised his role in four additional episodes since.



Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on *Stronger* and they helped out with three or four "joints" (as Kanye put it) on *Yeezus*.



Skrillex 2013 — Kanye and the Dub-step king confirmed they collaborated on a track for *Yeezus*.



Brooke Crittenton 2004 — While taking a break from *Phifer*, Kanye dated the *Harlem Heights* star.



Melody Thornton 2010 — Kanye was seen holding hands and attending red carpet events with the former *Pussycat Doll*.



Alexis Phifer 2002 to 2008 — Kanye proposed to the designer in 2006, but they never married.



Amber Rose 2008 to 2010 — It put the model into the limelight. She's now engaged to Wiz Khalifa.



Selita Ebanks 2010 — After the Victoria's Secret model starred in his *Runaway* video, the two reportedly got together.

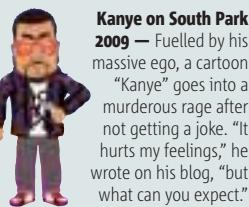
Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like *Cold*.

LOVERS



CONTROVERSIES

Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.



Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect?"



Kanye as Hitler 2011 — Kanye says that people look at him as if he's Hitler, during a British concert. The crowd boos.



Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jackass" — twice. "I don't give a f—k what the president's got to say," Kanye rapped.



Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure.



Fatburger 2008 — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.



Louis Vuitton X Kanye West 2009 — The rapper released three styles of high-top sneakers — Don's, Jasper's and Mr. Hudson's — and announced his intent to change his name to Martin Louis the King Jr.



Met Ball 2013 — Yeezy gets put on *Vogue's* Best Dressed at the Met Ball list — but they crop out his date, the floral couch-wearing Kim Kardashian.



Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.

LIFESTYLE



Nigella Lawson ALL IMAGES GETTY

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of

the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Show of unity from Sharon and Ozzy amid divorce rumours



THE WORD

Dorothy Robinson
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. Ozzy



talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a-hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing." And now they are having a date night. All together now: "Awwww."

Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary,"

it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."



Angelina Jolie and Brad Pitt

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Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS

life@metronews.ca



Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVBs rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.



Is there anything I absolutely need to take to the beach?

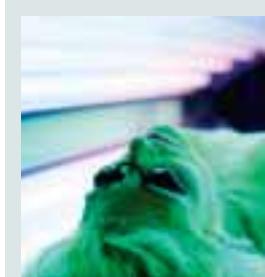
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1

Characteristics: red heads, very fair skin, freckles
Burns: always burns, never tans
Summer sunburn time: 7 to 10 mins
Recommended SPF protection: 50 + UVA

Skin Type 2

Characteristics:
Burns: burns easily, minimum tanning, tans very light brown
Summer sunburn time: 10 to 20 mins
Recommended SPF protection: 30 + UVA

Skin Type 3

Characteristics:
Burns: moderate burns, tans to light brown
Summer sunburn time: 20 to 30 mins
Recommended SPF protection: 20 + UVA

Skin Type 4

Characteristics:
Burns: minimal burns, tans well
Summer sunburn time: 60 mins
Recommended SPF protection: 15 + UVA

Skin Type 5

Characteristics:
Burns: rarely burns, tans to dark skin
Summer sunburn time: 90 mins
Recommended SPF protection: 15 + UVA

Skin Type 6

Characteristics:
Burns: rarely burns, already deeply dark
Summer sunburn time: 120 mins
Recommended SPF protection: 15 + UVA



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With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.



3 healthy meals for kids 12 and up

Almond chicken with Arroz Verde

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

Serve with Arroz Verde

- 2 large green bell peppers, stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion, peeled and quartered
- 2 cloves garlic, (or 2

- teaspoons jarred minced garlic)
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeño peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.



Teach your tween or teen to cook healthy. iSTOCK

Slow Cooker Barbecued Beef Sandwiches

- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce

- 4 large whole grain dinner rolls
- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high setting 4 to 6 hours or until beef is tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.



Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled



Microwave spinach just to thaw and let drain in a colan-

der in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to spread on top of and around pork. Leave one end uncheesed if blue cheese isn't popular with someone in your home.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about \$60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form.

Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

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Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Ross Pelton, author of *The Pill Problem*, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce



Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

this are oral contraceptives, which prompted Pelton to write *The Pill Problem*.

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and co-enzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with opti-

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- To counteract depression. "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

mal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

How to feel good naked

Health. The author of *WomanCode* turns your body into a "power source" with these tips

MEREDITH ENGEL
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of *WomanCode*, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

AVOID

SOY: More specifically, soy protein isolate. It's packed full



LOAD UP ON

of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

COW'S MILK: It contains casein, a protein that can make

it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy

and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.

GREEN JUICE: The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and

keeps you balanced in terms of your mood.

AVOCADO: The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EFA's help keep them stable and functioning properly.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.

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A story of pilgrimage and food transformation

New book. Cooked: A Natural History of Transformation looks at how the elements transform items from nature into food

Michael Pollan makes a powerful argument for home cooking in his new book Cooked. Not only is cooking healthier, but it's also an important life skill he was surprised to find is pleasurable and rewarding.

"Whether you regard cooking as drudgery or alchemy is really in your head and it's really in the attitude you bring to it," says the author of Cooked: A Natural History of Transformation.

"I'm not trying to persuade people into the kitchen. I'm trying to entice them into the kitchen with the promise of satisfaction, pleasure and that's the surprise," he adds.

"It's easy to argue that cooking is good for you ... but the more important thing is that you're missing



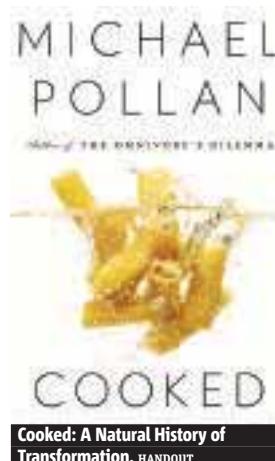
Chef Michael Pollan apprenticed himself to a series of culinary masters to discover how elements transform the stuff of nature into food. HANDOUT

out, you're being robbed of incredible pleasure and satisfaction in life if you hand this incredible work over to corporations, so take it back for your own good and your own pleasure."

Cooked is an educational pilgrimage in which Pollan, 58, apprentices himself to

a series of culinary masters to discover how the classical elements fire, water, air and earth transform items from nature into food. He also shows how cooking involves us in relationships with farmers, history and culture and our family and friends.

The topic of food has been



Cooked: A Natural History of Transformation. HANDOUT

at the forefront of many of his six previous books, including the New York Times bestsellers Food Rules, In Defense of Food, The Omnivore's Dilemma and The Botany of Desire, but he hadn't written about cooking.

"It didn't engage me as a journalist until I realized how important it was to the food system. It really drove what kind of agriculture we had, whether we're cooking or

not, and it had a huge bearing on our health and that's really when I decided it would be interesting to write about it," Pollan said during a recent visit to Toronto.

He says he'd always been impatient and inattentive in the kitchen because he felt pressured to get the task done and move on. But his cooking teacher Samin Nosrat taught him to apply the yoga principles of practice, patience and presence.

"Learning just how to be present when you're chopping onions or whatever the job is and not fight it, not try to multi-task, is very hard to learn. We are so used to multi-tasking, but I tend to see that the great luxury in life is uni-tasking, just doing one thing at a time."

"And when you start doing that in the kitchen this whole world opens up and it's incredibly pleasurable and it really almost is a practice, a meditation. And I say this as someone who is not a spiritual person at all."

The collapse of home cooking has affected the obesity epidemic, says Pollan, who's

also a contributor to the New York Times.

"If you look at the numbers, as home cooking has fallen, obesity has risen in America. If you look around the world ... countries that still do a lot of home cooking have lower rates of obesity compared to countries that don't."

The types of foods consumed when you're not cooking at home tend to be full of fat, sugar and additives and the manufacturer has decided the portion size.

"You're not going to have french fries twice a day if you're cooking for yourself. It's too much work," says Pollan, who lives in Berkeley, Calif.

In Cooked, Pollan cites research from the NPD Group that Americans spend 27 minutes a day cooking and four minutes cleaning up.

"And that four minutes should raise eyebrows because how much cleaning up can you do in four minutes? It suggests that you're kind of crumpling a pizza box and scraping some plates."

THE CANADIAN PRESS



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Put the lime in the coconut for a no-bake Island Lime Pie

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim to resemble a spider web. Before serving, garnish with lime slices and grated coconut.

THE CANADIAN PRESS/RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)



This recipe serves 12. THE CANADIAN PRESS H/O

Ingredients

Coco-Macadamia Crust

- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

Avocado Mousse

- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

Frosting

- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp) vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

Health Solutions

Bean there, vanilla



NUTRI-BITES

Theresa Albert
DHN, RNCP
myfriendinfood.com

been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

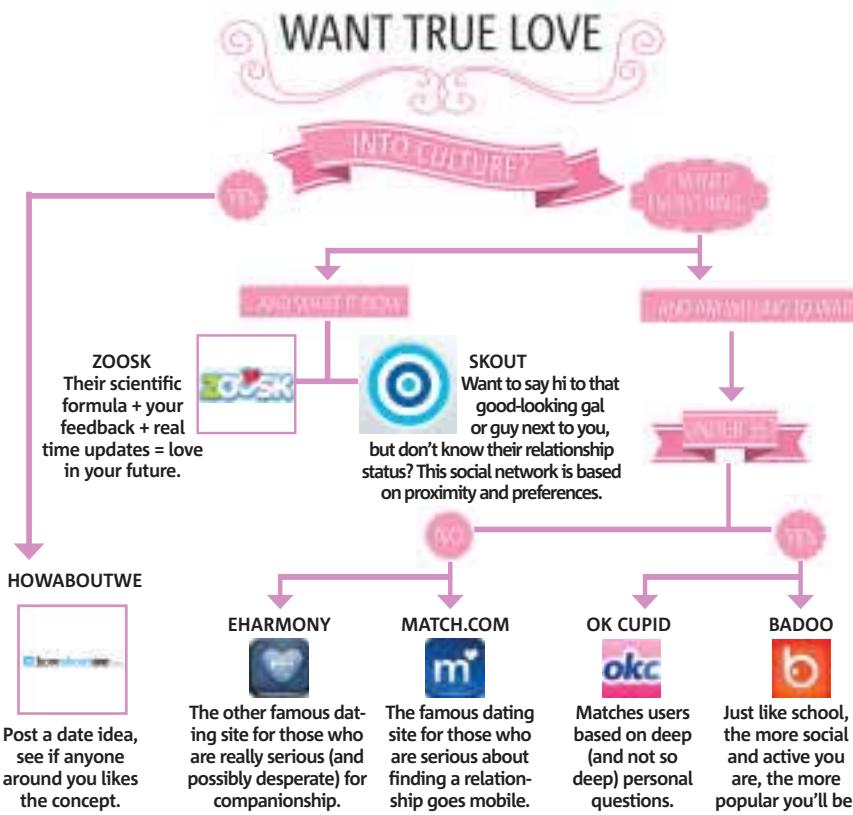
They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has



SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS





The typical bankrupt Canadian is a 43-year-old man owing \$61K above and beyond a mortgage. ISTOCK IMAGES

Male, middle-aged and bankrupt?



YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing \$61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, fortheloveofmoney.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than \$84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early

retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly \$70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial

tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from \$300 to \$400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alison.griffiths.ca



Where there's a will there's a way — to rest easy

Writing a will is one of those responsibilities many people put off. But the fact is, nobody should be without a will.

A will gives you the unique opportunity to exercise your rights and to decide where your assets will go. With a will, nothing is left open to misinterpretation and your wishes will be respected.

If there is no will, your estate will be distributed according to the laws of the province where you live. These laws are inflexible and may not take into consideration the care of

people or organizations you wish to remember. They don't make exceptions and property is distributed according to an all-purpose plan. They may deplete your estate unnecessarily, for example, requiring that a court-appointed administrator be bonded.

The laws also "fly blind" trying to guess your desires concerning who should be your administrator, or who should be guardian of your children if they are minors.

They also cannot make charitable bequests or gifts to

causes like cancer research or Amnesty International, which you supported in your lifetime. Only a personal will can do that.

Here are the answers to some commonly asked questions:

Don't only wealthy people need wills?

Actually, the smaller the estate, the more important it is that it be settled quickly to avoid additional expense. This can only happen with a properly written will.

Don't only people with troublesome relatives need wills?

Even family members with the best intentions may be puzzled and confused as to what your wishes may have been in the absence of a will.

Isn't it expensive to have a will prepared?

Wills are usually less costly than people expect and can help avoid the emotional and financial costs of not having a proper will.

NEWS CANADA

Lawyer time

Lawyers charge for their time and knowledge, so it is important to be prepared. Here are three simple steps you can take to save money:

- Make a list of all your property, including real estate, bonds, savings accounts, RRSPs, jewelry, family heirlooms and works of art — everything.
- List the people you want to provide for, along with their ages, addresses and their relationship to you.
- Name your executor and alternative executor (preferably both younger than yourself), and suggest a guardian for your children if they are minors.



Stop putting it off: write a will. ISTOCK IMAGES

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OAC. Rates subject to change without notice

TURN DEGREES INTO CAREERS

Canada's universities are among the best in the world, but face challenges matching education to labour market needs, according to a new study.

The Conference Board of Canada's Education and Skills report card gives Canadian universities an A and ranks the country second overall, but we earned Bs and Cs for return-on-investment. Canada also received Cs for percentage of university graduates in science, math, computer science and engineering. The report card gave us a D for the number of PhD graduates.

"Within the post-secondary system, we must improve co-ordination among offerings, thereby creating better pathways to workplaces, jobs and careers," says Daniel Muzyka, president of the board.

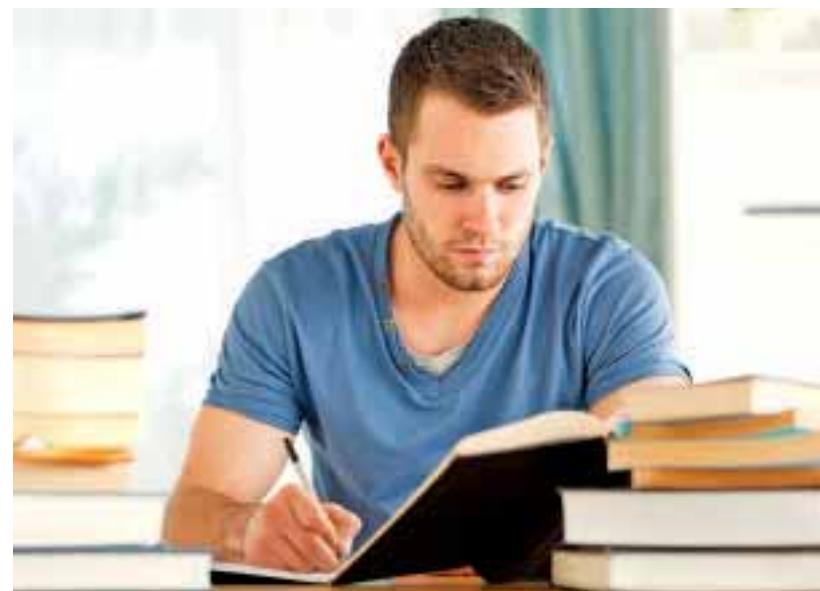
Allan Rock, president of the University of Ottawa, offers a robust defence of the

university degree, but suggests how the gap between education and workforce arises. He cites a CIBC report finding labour shortages in 25 professions requiring a degree. They include optometrists, engineers, doctors, dentists and social workers. A degree might not guarantee a career, but many careers require a degree.

"Contrary to the myth of the irrelevant university, there continues to be a strong demand for university graduates," he says.

He notes that a "quiet bias" may also be at work in steering some students into university when they would be better served by college.

"Some students are pressed by family or friends to attend university because it is seen as the more 'academic' or prestigious option," he says. "That bias is insidious and unfair. We must do everything



WAVEBREAKMEDIA/MICRRO/VEER

we can to dispel it. Young people should be free to choose the option that is right for them, unburdened by false perceptions and distorted views."

David Gauthier, vice-president at Saint Mary's University, says universities drive economic growth via research and development partnerships with industry. That also helps students turn education into careers.

"Innovation in university program and

curriculum design, content and delivery, coupled with new technologies, allows for learning that gives students the experience and skills needed to be immediately successful in the workplace after graduation," he says.

The board report found degree-holding workers make more money and contribute more to business innovation and productivity than non-degree holders.

— Jon Tattrie

THE UNIVERSITY OF WINNIPEG

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THE UNIVERSITY OF WINNIPEG

PREPARE FOR A CAREER IN LAW ENFORCEMENT

U OF WINNIPEG PACE

It takes a number of key qualities to become a police officer.

The desire to want to do good for the community being served and the ability to put others ahead of yourself are among some of the most important characteristics a potential officer must possess.

For those who are up to the challenge of taking on this difficult position, they first must train for the right to do so.

But even before that, there are a few requirements each individual must meet.

The police preparation diploma at the University of Winnipeg Professional, Applied and Continuing Education (PACE) will have you ready to take on this task.

"The police preparation diploma is an eight-month program that prepares students for the challenging admission process that includes writing, testing, physical fitness and interviewing for a variety of careers in law



KUZMA/VEER

enforcement," says Lelita Bailey, program co-ordinator, PACE.

Courses in this program include criminal justice, criminal law, personal wellness, report writing skills, policing in Canada, and a field placement with the Downtown or West End Biz.

The PPD prepares students for a variety of careers in law enforcement. Graduates have gone on to careers in RCMP, Winnipeg Police Service, Youth Corrections, Downtown Biz, Brandon Corrections, Dakota Ojibway Police Service Provincial and Federal Corrections, Bylaw Enforcement and Security.

For more, visit pace.uwinnipegcourses.ca.

VITAL TO HEALTH CARE

TRAIN AS PHARMACY TECHNICIAN AT HERZING

The field of health care involves a number of different professionals tasked with a variety of important roles.

One of those roles is that of the pharmacy technician.

These professionals are vital to health-care services within their communities by handling patient medication and pharmaceutical needs.

At Herzing College, train to step into this important role through its one-year pharmacy technician diploma.

"The pharmacy technician diploma program at Herzing College will provide students with the skills and knowledge necessary to have a successful career in the pharmaceutical industry," says Jackie Mendez, pharmacy tech instructor at Herzing College.

"They will be prepared to perform all aspects of the job, such as creating patient profiles, counting out medication, preparing compounded medication, and preparing blister packs, to name a few."

Throughout the program, students will get an overview of the theory, principles

and practices of the pharmacy technician.

Pharmacy technicians utilize specialized software to maintain patient profiles, prescription orders, and inventories.

Herzing College is fully equipped with a pharmacy lab that provides students with the experience of dispensing and compounding pharmaceuticals, as well as learning aseptic techniques.

Students will learn these skills along with how to compound prescribed pharmaceutical products by calculating, measuring, and mixing the quantities of drugs and other ingredients required.

Aside from the book knowledge required to succeed in this field, students must learn to relate with a variety of people and learn to work as a team.

Upon graduation, pharmacy technicians can work in either a community, clinic or hospital pharmacy.

Job opportunities also exist in government health departments, insurance and pharmaceutical companies.

For more, visit herzing.ca/manitoba.



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Melissa,
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PATAL STUDENTS OFFER UNIQUE SKILLS

Patal believes that actions speak louder than words.

Patal students give back to the community and organizations that have helped them. Patal's syllabus includes many other things than just the required academics. Patal's training includes volunteerism and helping others that need it. Volunteerism builds leadership skills, decision-making skills, team building, conflict resolution, and increases self-confidence, self-esteem and pride.

Patal received a community service

award from Siloam Mission for 17,252 volunteer hours that Patal's culinary arts and baking students contributed at The Madison Lodge preparing meals for the residents under the direction of Red Seal chef Steven Watson.

Watson and the students plan and prepare meals that meet school curriculum requirements, receiving hands-on experience with the meal preparation. Students also receive first-hand experience in providing a service to the residents of The Madison.

Patal's students also fix, repair or refurbish computers. Many elders from the community asking for assistance in repairing their computers. Patal's students are pleased to offer their knowledge to these elders.

June 21 is a celebration for the Aboriginal People of Canada. Patal's students will be volunteering at the Indian Metis Friendship Centre. Games, prizes, and a feast is planned, with Patal's culinary arts students volunteering to prepare the food and serve the public.

LEARN THE LATEST TRENDS AT ROBERTSON

Learn the latest hardware trends and open the door to a number of employment possibilities with the network engineering program at Robertson College.

"This program is essential for anyone considering a career as a network administrator using Microsoft operating systems," says Alan Skipper, network administrator and technical instructor, Robertson College.

"The skills and knowledge acquired provide a firm base the individual can

then use to further develop their IT skills as required by career focus."

IT professionals are the backbone for many companies and play an important role in the installation, configuration, operation, and maintenance of systems hardware and software.

Throughout the program, students will learn the skills required to administrate a Microsoft network infrastructure, knowledge of computer/networking hardware and Cisco routers and switches.

The nine-and-a-half month program includes and a six-week, hands-on practicum where students will prepare students to be successful in the industry.

According to Robertson College, IT professionals can work in a variety of industries, such as transportation, education, entertainment, manufacturing, and many more. Applications are being accepted for the Aug. 6 intake for the network engineering program.

For more, visit robertsoncollege.com.



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Patal. A different school of thought



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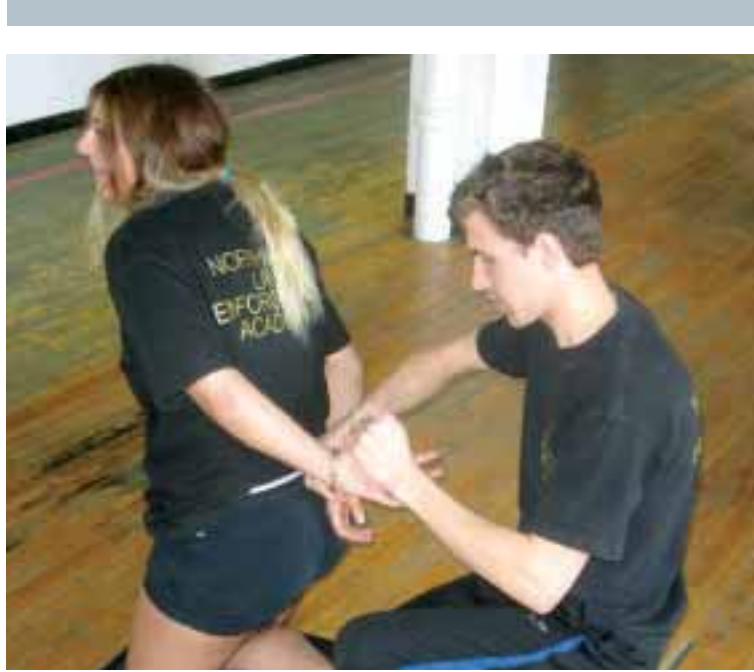
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- ✓ Convenient start times
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classes start soon!

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ROBERTSON
COLLEGE



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PRODUCING BEST GRADS POSSIBLE

NORTHWEST LAW ENFORCEMENT ACADEMY

The Northwest Law Enforcement Academy (NLEA) is focused on producing the best, qualified law enforcement officers possible, not just pumping out as many graduates as it can.

Law enforcement is a very competitive field, with only a number of available positions. Stan Payne, registrar and managing director of NLEA, says it takes the right people to fill these coveted roles.

"Anyone wishing to get into a career in law enforcement needs to have a high degree of maturity, integrity and life skills," Payne says.

This program lends itself to those looking to get into policing, corrections, sheriff officer, bylaw enforcement, border services, and security.

Payne, along with Herb Stephen, president of NLEA, founded the school in 1999 after seeing a need for post-secondary education specific to police-related skills.

"At the time, there were no police-related post-secondary schools inside the province," Payne says.

So they put together a program that received extensive input from the Winnipeg Police Service and the RCMP and was reviewed by the Win-

nipeg Police Service training division.

"This program is as good or better than any program like it out there," Payne says.

Many of the subjects are practical and useful for those entering this career. Students will learn non-violent crisis management, report writing, police procedures, officer safety, situational analysis, defensive tactics, and crime scene management, courses not covered in most criminology programs.

The program is seven months in length and students are in class five hours a day. Students are expected to show up on time and attendance is of the utmost importance at NLEA.

Northwest Law Enforcement Academy works with students who may face financial challenges to succeed in its program.

On top of working with students who may not have received financial aid with payment plans, the academy also offers free parking at its campus to help alleviate the costs of going to school.

The next start date for this program is September, and applications are now being accepted.

For more, visit northwestlaw.ca.



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GAIN HANDS-ON BUSINESS SKILLS

RED RIVER COLLEGE

Enter the ever-changing world of business with confidence with a diploma in business administration from Red River College.

"The BA program appeals to anyone who has an interest in the world of business, for those with an entrepreneurial spirit or those who are looking for a springboard into careers with a variety of organizations," says Colleen Evans, acting chair, business administration program, Red River College.

This two-year program is designed to give students a solid business foundation in the first year, and the option to choose their specialization in the second.

Students will declare a specialization in one of the following — accounting, administration, marketing, financial services, or human resource management

(new this fall).

At the heart of the program, students will receive a number of networking opportunities and support from the school throughout their education. Students will also benefit from the style of instruction delivered in this program.

"Our program is delivered using a hands-on approach," Evans says. "We endeavour to use active learning techniques to enhance the traditional classroom experience."

In the final year of the program, students are broken into teams and are required to complete a business plan and present it to a panel of external experts.

"This capstone course allows the student to apply the knowledge they have acquired and proves to be an invaluable experience as their career progresses," Evans says.

Graduates are prepared for entry level positions in traditional business fields



CONTRIBUTED

such as retail, banking, and insurance, as well as government and other not-for-profit entities.

These programs encourage lifelong learning and Red River College has developed articulation agreements with the Certified General Accountants' As-

sociation, the University of Manitoba, University of Winnipeg, and Booth University. These agreements allow students to further their business education by obtaining a degree or professional certification.

For more, visit rrc.mb.ca.



Find Your Path

Education. Support. Access. Community.

Explore Red River College's Aboriginal Education programs designed specifically for Aboriginal learners, and our ACCESS Model programs, developed to help those who don't normally have access to post-secondary education. Contact us to learn more about academic, financial and social supports.

New this year: Aboriginal Program for College Enrichment and Transition —
Acquire the skills and prerequisites at the college level to transfer to other RRC programs of your choice. Even if you didn't finish high school, you can still earn dual credits and graduate with a mature student diploma!

Other available courses:

- ACCESS Aircraft Maintenance and Manufacturing
- ACCESS Business Administration Integrated
- ACCESS Civil Engineering Technology
- ACCESS Nursing

- Aboriginal Language Specialist Program
- Aboriginal Self-Government
- Community Development/Community Economic Development
- Computer Applications for Business
- Introduction to Trades

For more information, contact: School of Indigenous Education, Red River College

Phone: 204.632.2180 | Toll-free: 1.855.413.7854 | Email: register@rrc.ca | rrc.ca/aboriginaleducation

AN INVALUABLE EDUCATION

WELLINGTON COLLEGE PROVIDES YOU WITH LIFELONG LEARNING

Even though Wellington College graduate Janie Lysack has not been a student for a number of years, the education she received while attending Wellington has propelled her career to what it is today.

Today, Lysack is a successful massage therapist, specializing in labour and delivery massage therapy.

"I love, love, love it. I have such a passion for what I do," Lysack says, adding that her walls are lined with photos of cute babies.

Since graduating from Wellington College, Lysack has built a successful practice and is active within the Wellington College instructional staff as a guest lecturer. She also offers seminars in pre- and postnatal massage, called understanding the pregnant pelvis.

Throughout the years, Lysack says the

ATTEND A MONTHLY INFORMATION SESSION

To find out if Wellington College is right for you, attend one of the monthly information sessions.

Meet current students, staff and tour the facility to learn more about what

Wellington College has to offer.

To attend an information session or book a tour of the facility, contact info@wellingtoncollege.com or call 204-957-2402.

education she received at Wellington College was invaluable to her success and, ultimately, her career happiness.

As an advocate for the school, she recommends Wellington College to anyone looking to get into massage therapy.

"Wellington College is not only an institution, it is very family-oriented," Lysack says.

Wellington College offers remedial massage therapy on a full-time basis, or basic remedial massage, and advanced remedial massage therapy, offered through distance learning.

The two-year, full-time program offers students a chance to immerse themselves in their education.

In the first year, students will gain a solid foundation in massage, with relaxation massage as the main focus.

In Year 2, they will build on this knowledge with the assessment and treatment of musculoskeletal dysfunctions.

By the end of the program, students will have completed 2,550 hours of training, exceeding the amount of hours required for entrance into most massage associations.

Business skills are another key component of this program, so that, upon completion, students are able to open their own massage therapy practice if they desire.

For more, visit wellingtoncollege.com.



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BUILD YOURSELF A NEW OPPORTUNITY

Learn the carpentry industry from the ground up — literally — at Winnipeg Technical College.

“WTC’s carpentry program is an excellent way to get into the construction industry,” says Rae-Lynn Rempel, manager, marketing and communications, Winnipeg Technical College.

Students will hit the ground running right from the start. Introductory skills will be covered in the areas of foundations, framing, drywalling, finishing carpentry, and residential roofing. Students will be part of house build right on campus.

“This allows students to experience first-hand what is needed to complete an entire project,” Rempel says.

Every year, carpentry students build a livable house that is then sold through a realtor.

According to Rempel, the construction industry is booming in Manitoba, every-

thing from commercial to residential.

As this program is Level 1 accredited, students can make that first jump into an apprenticeship training opportunity at the college and then continue on with an employer.

“It is the best of both worlds as we combine theory and practical experience,” Rempel says.

Students will get to take advantage of learning in a brand new expanded facility, enjoy the short time commitment of a five-month program, become accredited with Carpentry Level 1 through Apprenticeship Manitoba, as well as gain the introductory knowledge and skills that are needed to be useful to an employer on the first day of the job.

WTC also offers two entry points during the year — in September and February — allowing for the convenience of flexibility.

For more, visit wtc.mb.ca.

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EDUCATION VISION

YELLOWQUILL RESPECTS WHO YOU ARE

"Aboriginal people have both the right and the responsibility to educate their people" is the vision that inspired the Dakota Ojibway Tribal Council to establish Yellowquill College. From here, they created a school respectful of Aboriginal culture that is founded on traditional First Nations' teachings such as honesty, humility, truth, bravery, and wisdom.

Founded in 1984, Yellowquill College is Manitoba's original post-secondary institution specializing in Aboriginal and First Nations' education and training. Students are provided with an exceptional education that helps them achieve their career and personal goals in a culturally sensitive learning environment that is adapted to their needs.

As a result of this novel approach, Yellowquill boasts graduation rates for Aboriginal and First Nations' students that far exceed other Manitoba institutions. This success has led to Yellowquill's educational model becoming a blueprint for other institutions serving the needs of Aboriginal and First Nations' people.

Yellowquill's smaller class sizes create low student-to-instructor ratios, which allow more flexibility and one-on-one time for students and instructors within the classroom. Instructors and staff at the college provide an understanding and supportive environment focused on student success and quality education. Students who may have struggled at other schools often thrive at Yellowquill and are provided with a sense of accomplishment.

As well, there are many course options for students to choose from at the college. Students may enrol into modular programs designed for the working professional, college-level programs for the Grade 12 graduate ready for a new career, or complete high school in the mature Grade 12 program.

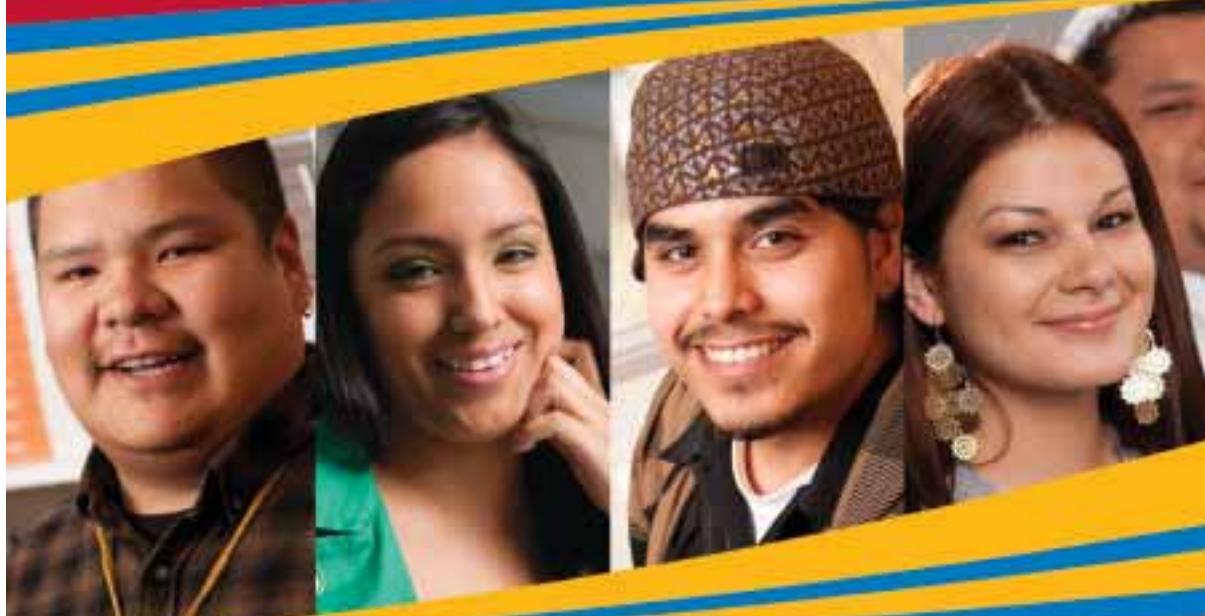
Yellowquill College has taken another step in its journey. Now in its new home at 480 Madison St., it is a new beginning for the college and Aboriginals on Winnipeg's first urban reserve.

To learn more, visit yellowquill.org.



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MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms



ANDY DEAN/VEER

and near the groin or use ice packs if he has lots of hair in those areas.

You can also wet the coat with cool water and put a fan on him to cool down.

Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just

don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

"Heat stroke is very dangerous as it



HERREID/VEER

can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head

of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

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SHINING A LIGHT
ON GREAT INNOVATION

AVAILABLE AT  TARGET

4 SPORTS



Daniel Paille of the Bruins celebrates his game-winning goal against the Blackhawks in Game 3 of the Stanley Cup final in Boston. HARRY HOW/GETTY IMAGES

Paille helps Boston cream Blackhawks

Stanley Cup final.

Game 2's overtime hero comes through again by scoring a goal and drawing a key penalty

Daniel Paille and Patrice Bergeron scored second-period goals and Tuukka Rask made 28 saves Monday as the hard-charging Boston Bruins blanked the Chicago Blackhawks 2-0 to take a 2-1 lead in the Stanley Cup final.

The Bruins were full value



for their second straight win, coming out hard and crashing Chicago. Boston seemed bigger, faster and meaner on the night.

Even anthem singer Rene Rancourt seemed up for it, adding a few more degrees of diffi-

culty to his litany of pre-game fist pumps and facial contortions. The TD Garden crowd of 17,565, Boston's 163rd straight sellout, ate it up.

History has Boston at the front of the NHL championship bus now. Teams winning Game 3 after splitting the first two games of the final have gone on to win 21 of 25 times since the best-of-seven format began in 1939.

Paille, the overtime hero of Game 2, opened the scoring for Boston as the Bruins' reshaped third line of Paille, Chris Kelly and Tyler Seguin paid dividends again. The trio

accounted for both Boston goals in the Bruins' overtime win in Game 2.

Bergeron then scored on the power play, with Paille and Kelly prompting the Hawk penalties that led to the goal. The Bruins forward was a one-man machine, with six shots in the first two periods alone. He also dominated faceoffs, winning 19 of 22 in the first 40 minutes.

Game 4 goes Wednesday in Boston.

Hawks co-scoring leader Marian Hossa was a late scratch, replaced by Ben Smith after being injured in the warm-up. THE CANADIAN PRESS

Backside backtrack

Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS



Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. THE ASSOCIATED PRESS

CFL

Grey Cup hero Horne cut by Argos

Pacino Horne has gone from Grey Cup hero to being unemployed.

The cornerback was among 11 players released Monday by the Toronto Argonauts. Horne started the club's 35-22 championship win over the Calgary Stampeders last November and delivered a key play in the win.

With Toronto leading 7-3, Horne intercepted Calgary's Kevin Glenn and returned it 25 yards for the TD and a 14-3 advantage. THE CANADIAN PRESS

Champs to chokers? LeBron's legacy on the line



The Heat return to Miami down 3-2 in the NBA Finals with a chance to rally to a championship on their home floor. ERIC GAY/THE ASSOCIATED PRESS

Big game James

31.1

LeBron James' points-per-game average in games the Heat have been down in a series or faced elimination over the last two seasons. He has shot 53 per cent and added 10.6 rebounds and 5.4 assists in such contests.

Game 6 of the finals against the San Antonio Spurs on Tuesday, Miami needs two wins in three days or else it will be watching someone else end the season with a party on its own floor.

"We're going to see if we're a better team than we were our first year together," James said.

We're also about to see how much James has grown since 2011. If Miami loses, it'll be widely perceived as James' failure. If the Heat win, his status as the game's best player becomes even more cemented.

"Our next challenge, biggest challenge, will be Tuesday night," James said. "We have an opportunity on our home floor with our home fans to keep the series going, and we look forward to it." THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

Taurus

April 21 - May 21

Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

Gemini

May 22 - June 21

Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

Cancer

June 22 - July 23

You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

Leo

July 24 - Aug. 23

It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

Virgo

Aug. 24 - Sept. 23

The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

Libra

Sept. 24 - Oct. 23

Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

Scorpio

Oct. 24 - Nov. 22

Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

Sagittarius

Nov. 23 - Dec. 21

Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

Capricorn

Dec. 22 - Jan. 20

Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

Aquarius

Jan. 21 - Feb. 19

You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

Pisces

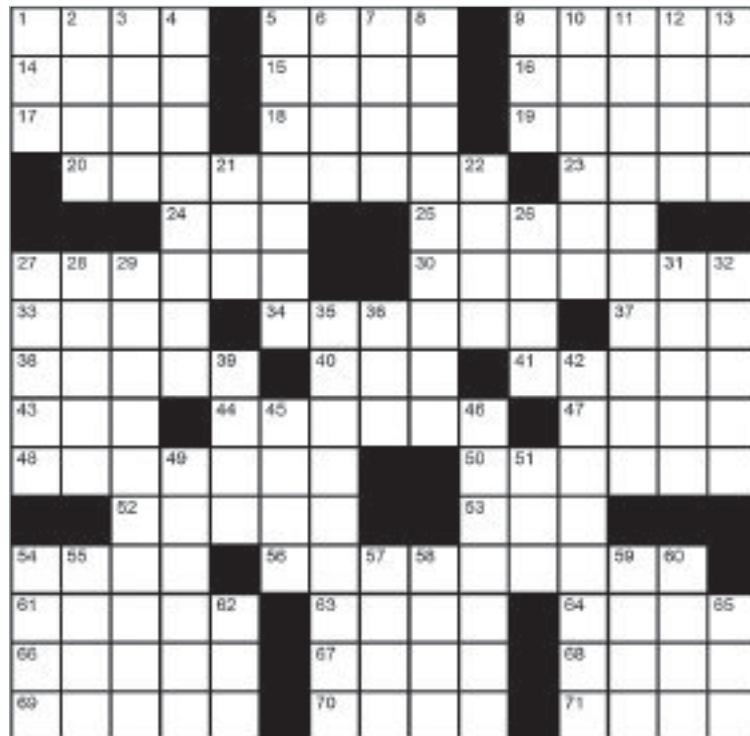
Feb. 20 - March 20

If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



devices

69. "Hey! That ___ funny."

3. Loaned

9. Particular pronoun

61. Gangly

70. Sporty TV network

4. Thunder Bay

10. Opera legend

48. Securing: 2 wds.

71. Units of a gym

5. Anne of Green

50. More furious

Gables setting

6. Action word

52. Pub game

7. Madonna hit: "La

53. "Monsters, ___"

Bonita"

(2001)

8. St. John's-born

54. Component, as of

singer Kim

a process

68. Surrounded by

56. Some office

69. "Hey! That ___ funny."

Down

1. Like some humour

2. Detective's sound

effects

3. Loaned

4. Thunder Bay

5. Anne of Green

Gables setting

6. Action word

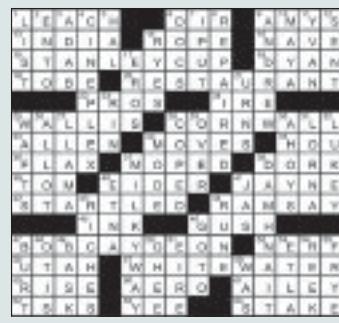
7. Madonna hit: "La

Bonita"

8. St. John's-born

singer Kim

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	3	4	6	5	9	2	7
6	7	2	1	9	3	5	8	4
9	4	5	8	7	2	3	1	6
2	1	4	5	3	8	7	6	9
3	9	6	7	2	1	4	5	8
7	5	8	6	4	9	2	3	1
5	6	7	3	8	4	1	9	2
4	2	1	9	5	6	8	7	3
8	3	9	2	1	7	6	4	5

4		6		
8	9		2	
	3		6	1
8		7	2	5
6		3	8	4
5		1	9	8
6	2		4	
	7		6	3
	6		8	

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 25°
MIN: 15°



MAX: 25°
MIN: 15°



MAX: 22°
MIN: 18°

JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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